

Indiana Facts at a Glance

Scope of the Problem

- 9.6% (n= 455,000) of Indiana's adult population reported that they have been **diagnosed with diabetes**⁽¹⁾ compared to the national average of 8.2 %.⁽²⁾
- It is estimated that 4.0% (n= 253,434) of the Indiana adult population have **undiagnosed diabetes**.⁽³⁾
- It has been reported that 0.2% of Hoosier children and adolescents have been diagnosed with **type 1 diabetes**.⁽³⁾
- Diabetes was the 7th leading **cause of death** in Indiana in 2006. It was the 4th leading cause of death for Blacks, 7th for Whites, and 6th for Hispanics/Latinos.⁽⁴⁾
- The **average yearly health care cost** for a person with diabetes in the United States was \$11,744 in 2007, compared with \$2,935 for a person without diabetes.⁽⁹⁾ Assuming that the 455,000 of Indiana adults with diabetes have similar medical costs, they would have spent over 5.3 billion dollars on medical care in 2007.

Populations at Risk

- **Older Adults** – Hoosiers 65 years and older (12.7% of Indiana's population) had a diabetes prevalence of 21.2%.⁽²⁾
- **Race/Ethnicity**
 - Black adults (9.0% of Indiana's population) had a diabetes prevalence of 14.5 %.⁽²⁾
 - White adults (88.1% of Indiana's population) had a prevalence of 8.8%.⁽²⁾
 - Hispanic/Latino American adults (5.0% of Indiana's population) had a diabetes prevalence of 5.4 %.⁽¹⁰⁾ (Please note: The change in Hispanic/Latino diabetes prevalence from 2006-2007 is not statistically significant.)
 - Asian, Native Hawaiian/Pacific Islanders, American Indian/Alaskan Native, or other adults (1.7% of Indiana's population) had a diabetes prevalence of 7.0 %.⁽²⁾
 - Those identifying themselves as having two or more races (1.1% of Indiana's population) had a diabetes prevalence of 3.9 %.⁽¹⁰⁾
- **Gestational diabetes** – In 2008, 0.8% of women reported they had been diagnosed with gestational diabetes (diabetes during pregnancy).⁽²⁾ Of these women , 40–60% have a chance of developing diabetes in the next 5–10 years and about 5–10% will have type 2 diabetes immediately following pregnancy.⁽³⁾
- **High blood glucose or pre-diabetes** – 26.0% of Indiana's population have pre-diabetes putting them at risk for developing diabetes later in life.⁽³⁾
- **Overweight or Obese** – 63.5% of adults in Indiana were overweight or obese in 2008.⁽²⁾ 33.5% of adults with diabetes were overweight and 52.8% were obese.⁽⁶⁾
- **Sedentary lifestyle** – 27.7% of Indiana adults did not participate in any physical activity in the past month.⁽²⁾
- **Smoking** – In 2008, 26.0% of Indiana adults were current smokers.⁽²⁾

Complications

- **Death** – 1,679 individuals died from diabetes as the underlying cause of death and 3,204 individuals died from diabetes as a contributing cause of death.⁽⁴⁾
- **Hospitalizations** – 10,682 individuals seen as inpatients in the hospital had the primary diagnosis of diabetes.⁽⁵⁾
- **Heart attack** – 18.9% of individuals with diabetes reported they had been told they had a heart attack and 16.5% have been told by a health care professional that they have angina or coronary heart disease.⁽¹⁾
- **Stroke** – 11.0% of those with diabetes reported they have been diagnosed with a stroke.⁽⁶⁾
- **Kidney disease** – 751 of the 2,234 new cases of end stage renal disease were in people with diabetes.⁽⁸⁾ Out of the total 6,688 prevalent cases 2,706 is attributed to diabetes.⁽⁸⁾



- **Blindness** –135 new cases of legal blindness and 52 new cases of visual impairment were due to diabetic retinopathy in adults over 17 years of age.⁽⁷⁾ Of adults with diabetes, 20.0% have been told that their diabetes has affected their eyes or caused retinopathy.⁽¹⁾
- **Lower extremity amputations** – 1,668 individuals with a primary hospital discharge diagnosis of diabetes underwent a lower extremity amputation.⁽⁵⁾
- **Depression** – 27.6% of individuals with diabetes reported they have ever been diagnosed with a depressive disorder.⁽⁶⁾
- **Dental Disease** – 21.5% of adults with diabetes have had six or more (including all) teeth removed compared to the 5.1% in adults without diabetes.⁽¹⁾

Preventative Care for People with Diabetes

Preventative Care Measures	Indiana	United States (38 States)
Attend diabetes self management class	61.6% attended a class. ⁽¹⁾	55.7% ⁽¹⁾
See a doctor or nurse at least once a year for their diabetes	86.6% saw a health professional at least once. ⁽¹⁾	88.2% ⁽¹⁾
Check glucose levels daily	61.1% check glucose levels daily. ⁽¹⁾	63.6% ⁽¹⁾
Have 2 A ₁ C tests in the past year to monitor glucose levels	80.5% got the test 2 times/year (5.9% had never heard of A ₁ C). ⁽¹⁾	83.3% got the test 2 times/year. 6.7% had never heard of A ₁ C. ⁽¹⁾
Have a yearly dilated eye exam	62.3% had a yearly dilated eye exam. ⁽¹⁾	69.3% ⁽¹⁾
Have a yearly foot exam	66.1% had at least one exam. ⁽¹⁾	71.5% ⁽¹⁾
Preventative Care Measures	Indiana	United States (All States)
Get a yearly dental exam	64.5% had an exam. ⁽¹⁾	71.8% ⁽¹⁾
Get a yearly flu shot	60.3% received the shot. ⁽¹⁾	60.5% ⁽¹⁾
Get a pneumonia vaccination	55.3% have had the shot in their lifetime. ⁽¹⁾	52.1% ⁽¹⁾
Quit smoking for one day or longer	48.4% quit smoking for one day or longer in quit attempt. ⁽¹⁾	62.8% ⁽¹⁾
Lose weight	26.9% of adults with diabetes have more than 5 servings of fruits and vegetables. While, 73.1% adults with diabetes eat less than 5 servings. ⁽¹¹⁾	24.8% of adults with diabetes have more than 5 servings of fruits and vegetables. While, 75.2% adults with diabetes eat less than 5 servings. ⁽¹¹⁾
Exercise	51.3% did participate in any leisure time physical activity in the past 30 days. ⁽¹⁾	60.5% ⁽¹⁾
Have cholesterol checked yearly	92.9% had cholesterol checked yearly. ⁽¹¹⁾	92.5% ⁽¹¹⁾

References:

- All population estimates are from United States Census Bureau. American Community Survey, 2007 and 2008, quickfacts.census.gov/qfd/states/18000.html.
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